

BURN, BABY, BURN!
CENTRAL CANADA'S HEAT WAVE IS HEADING EAST {page 2}

A WALK IN WALES REJUVENATES SPIRIT
CLICHES KEEP FALLING INTO PLACE {pages 10, 11}



CELEBRATION

NETHERLANDS IN WORLD CUP FINAL
SECOND SHOT {page 17}



HALIFAX metro®
Wednesday, July 7, 201
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RYAN TAPLIN/METRO HALIFAX



▶ Lauralee Sim, co-chair of the Halifax Cycling Coalition, poses for a photo on Herring Cove Road yesterday. HRM council voted against installing bike lanes along the road yesterday.

Council puts brakes on bike lanes

▶ Bike lanes would hurt local businesses, claims Spryfield-Herring Cove councillor ▶ Pro-bike lane councillors promoting sustainable, active transit



ALEX BOUTILIER
HALIFAX@METRONEWS.CA

After two hours of debate and appeals to both the children and the businesses, Halifax Regional Council voted against the installation of bike lanes on Herring Cove Road.

Councillors voted 13-9 last night to keep the section of Herring Cove Road between Old Sambro Road and Arthur Street a four-lane roadway.

A staff report suggested reducing the number of lanes of traffic to two and installing two bike lanes on the road during a $1.1-million resurfacing project, awarded to Dexter Construction Ltd.

If approved, the bike lanes would not reduce the physical size of the street, but reduce the vehicle lanes to two plus a centre turning lane.

Spryfield-Herring Cove Coun. Steve Adams presented a petition signed by 2,639 residents opposed to the street reduction, appealing to council to accept the will of the community.

But South End Coun. Sue Uteck noted a similar debate took place over Chebucto Road in 2008, when council voted to widen a section of that road despite petitions and concerns from residents.

Adams said he is not opposed to bike lanes, in general.

"I'm not opposed to bike lanes. I'm opposed to reducing the width of the roadway to take away two lanes," said Adams.



"There's also alternatives for people if they don't feel they want to go on that particular road if it gets reduced ... it's still going to reduce the amount of traffic and potential traffic for those businesses."
SPRYFIELD-HERRING COVE COUN. STEVE ADAMS

PBL to lose two teams by 2011?

SouthCoast all but cut, Frost Heaves given deadline {page 16}

G20 policing review ordered

Civilian probe will look into security tactics {page 4}



1 news

Heat wave makes its way to East Coast

Temperatures to reach high 20s in Maritime provinces Ridge of high pressure from Great Lakes edging towards Nova Scotia

ALY THOMSON
HALIFAX@METRONEWS.CA

Grab a water bottle and some SPF 30 — the heat wave that's melting Ontario and Quebec is headed our way.

But it won't leave Maritimers quite as sweaty, a meteorologist for Environment Canada said.

Linda Libby, a meteorologist based in Charlottetown, said temperatures are expected to climb to 27 C and will likely feel closer to 35 C with humidity in parts of Nova Scotia today and Thursday.

Torontonians roasted under the heat and haze yesterday with temperatures reaching the high 40s with humidity.

Nova Scotians living inland should expect higher temperatures than coastal regions, she said.

Libby said warm air is being pushed up from the Gulf of Mexico and she added a cold front is expected to move in by the weekend to break the humidity.

But the humid temperatures are expected to return, she added.

"So far our seasonal long range forecast has suggested most of Canada will have a warmer than normal summer," said Libby.

RYAN TAPLIN/METRO HALIFAX



▶ Ten-year-old Ryan Mahoney hurdles a fountain at the water park in Halifax Common in this file photo from a heat wave in 2007. An Environment Canada meteorologist says hot and sticky weather is on the way.

Beat the heat

We asked Nova Scotians how they stay cool during the hot weather.

- **Watching TV in Cape Breton** Erin Lynch, 33, Cape Breton: "I stay inside and watch lots of Murder She Wrote and to turn the fans on really high ... and complain."
- **Fans make it easier** Adam Smith, 27, Halifax: "I close the door to the bedroom and turn the fan on so it's blowing the air out. That's my refuge."
- **Beer's the ticket** Ryan Fraser, 26, Halifax: "A cold beer for sure ... and driving around with the top down."

News on the move

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Thousands bid farewell to the Queen as she wraps up her Canadian tour. Video at metronews.ca/canada

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Coun. claims boys throwing mud at cars

A gang of boys is up to no good in the Purcell's Cove Road area. Coun. Linda Mosher said she started getting complaints in June that between four and 12 young boys used pylons to slow cars down and threw sticks and mud at the vehicles.

"Several times people reported (the boys) had a laser pointer," she said.

These incidents usually happened at 10:30-11:30 p.m. and sometimes as early as 1 a.m.

Const. Brian Palmeter of the Halifax Regional Police said people tend to call the councilor and not police with this kind of incident because there was no damage.

JENNIFER TAPLIN AND ALY THOMSON

"We encourage anyone who has information on this incident to call us because we can use that information to adjust how we respond."

CONST. BRIAN PALMETER

News in brief

Second person takes stand

MACINTOSH CASE. A second complainant in a sex crimes trial of a former Nova Scotia businessman testified yesterday about incidents of alleged abuse in the 1970s.

The man was testifying in the trial of Ernest Fenwick MacIntosh.

THE CANADIAN PRESS

Job front grim, says board

WORK. The job forecast for Halifax is not looking so good, according to the Conference Board of Canada.

METRO HALIFAX

Japanese group welcomed

CITY. A delegation from Halifax's sister city, Hakodate, Japan, visited HRM Regional Council last night.

METRO HALIFAX

Armoury ready to get the lead out

ALEX BOUTILIER
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Downtown Coun. Dawn Sloane is elated the federal government has decided to get the lead out of the Halifax Armoury.

But she's hopeful more work will be done on the landmark heritage building towering over the Halifax commons.

"It's one of our heritage resources, one of the most fantastic, unique buildings in Halifax," said Sloane.

"For it to be cleaned up ... it's a significant undertaking."

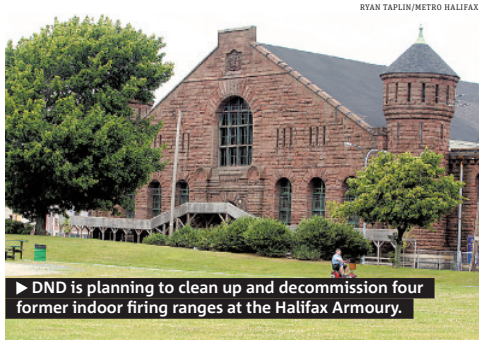
The Department of National Defence announced this week it will decontaminate a former firing range section in the Armoury.

The four firing ranges, in addition to nine adjacent rooms and three hallways, are currently under quarantine due to lead and asbestos contamination.

Sloane said she hopes to hear more announcements from the federal government concerning refurbishing the century-old building.

"(I'm) hoping that they're good on re-facing the building, fixing the stones that are falling ... so we can see the potential of the building," said Sloane.

RYAN TAPLIN/METRO HALIFAX



▶ DND is planning to clean up and decommission four former indoor firing ranges at the Halifax Armoury.

'Working facility'

- The Halifax Armoury is still in use by the Canadian Armed Forces. But Coun. Dawn Sloane said she hopes the building will be used for many years to come. "Right now I want it to be a working facility," she said. "I personally don't want to see them leave. But if it was up as a surplus building, it would make a wonderful museum."

Council set to deal with downtown development

Report addresses vacant lots in urban core Council embraces cog metaphor of downtown prosperity affecting entire municipality

ALEX BOUTILIER
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One thing that all 23 of HRM's councillors can agree on is that there are many metaphors for the downtown.

But whether it be the heart, the root or what have you, a new municipal initiative is set to address issues of vacant lots and stagnant development in the urban core.

Council voted last night to approve Capital Ideas, a report detailing how to bring public and private stakeholders together to stimulate downtown development.

A Strategic Urban Partnership committee will now be formed, and will report back to council in six months.

Lots of vacancy

Currently, there are 51 acres of undeveloped lands in the 250 acre Downtown Halifax Planning Area. Of those vacant lots, a full 62 per cent are owned by the government — two per cent are owned federally, 21 per cent provincially, and a full 38 per cent municipally.

ALEX BOUTILIER

RYAN TAPLIN/METRO HALIFAX



▶ Pedestrians walk past the former National Film Board building on Barrington Street. Council unanimously approved an initiative to stimulate downtown development yesterday.

Two charged after hit-and-run crash

Two people in their 20s are facing charges after a hit-and-run accident in Dartmouth last night.

An off-duty police officer witnessed a Honda Del Sol strike a parked car and flee the scene on Highfield Park Drive shortly before 8 p.m.

A loaded 25-calibre handgun was thrown from the vehicle during pursuit.

The male, 25, and female, 24, were taken into custody on Brule Street and they face driving and weapons charges and leaving the scene of an accident.

ALY THOMSON

Taking cancer care online

Nova Scotia is joining other provinces in testing a web-based method of reporting the results of surgeries on cancer patients.

Surgeons submit the information directly into a patient's medical record, which other health professionals can access to determine a diagnosis and the best course of treatment.

THE CANADIAN PRESS

Pilot project

- The pilot project covers three sites in Nova Scotia: Guysborough Antigonish Strait Health Authority; Capital Health; and the IWK Health Centre in Halifax.
- The project will be piloted until March 2011.
- It is being implemented in Nova Scotia, Ontario, Quebec, Manitoba and Alberta.

Melvin Jr. slashed in prison fight: Report

Jimmy Melvin Jr. was reportedly slashed in the face during a fight in the Central Nova Scotia Correctional Facility on July 1. Halifax Regional Police would not confirm Melvin, a well-known Spryfield crime figure, was the victim yesterday.

His injuries were non-life-threatening.

Also, Jermaine Carvery who escaped custody in April 2008, tried to escape from the jail in June, according to media reports. He tried to get into the ceiling but was quickly apprehended.

METRO HALIFAX

Obama touts 'special bond' with Israel

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS



President Barack Obama and Israeli Prime Minister Benjamin Netanyahu sought to warm rocky relations yesterday, declaring after a White House meeting that any talk of a rift is unfounded. Obama said the U.S.-Israeli bond is unbreakable.

For his part, Netanyahu said of solving years of strife with Palestinians: "We're committed to that peace. I'm committed to that peace." And he said that reports of the demise of the U.S.-Israeli relationship are "flat wrong."

Netanyahu said without elaborating that he and Obama discussed specific steps that could be taken in the coming weeks to move the peace process forward. "When I say the next few weeks, that's what I mean," he said.

"The president means that too."

The meeting between Obama and Netanyahu was their first since a troubled White House get-together on March 23, when the White House kept Netanyahu out of sight of media coverage.

"The United States is committed to Israel's security ... We are committed to that special bond. And we are going to do what's required to back that up, not just with words, but with actions."
PRESIDENT BARACK OBAMA

THE ASSOCIATED PRESS

WINNIPEG BOARDING SCHOOL

Abuse scandal widens

Police have named 10 more victims and have laid more than 20 new charges in a sexual assault scandal at a Winnipeg boarding school.

An 18-year-old man, who had already been charged with sexually assaulting, threatening and confining a younger student, now faces similar charges involving 10 other alleged victims.

The man is from Chinna and was charged in April in what officials say was organized bullying among students who boarded at St. John's-Ravenscourt School last fall.

It's alleged that senior students threatened the younger boarders, holding them down and placing a wood stick against their buttocks.

Three youths have also been charged in the case.

St. John's-Ravenscourt has 830 students enrolled in classes from kindergarten to Grade 12, including 50 boarding students in Grades 8 and up.

THE CANADIAN PRESS

ADRIEN VECZAN/THE CANADIAN PRESS



▶ Leile Pourtavof, a friend of one of the accused ringleaders of the G20 riots, addresses the media yesterday.

Police call for civilian review

Toronto police chief declines to comment on police services board's decision to hold independent civilian review of G20 security tactics

The Toronto police services board has called for an independent civilian review of the way that security was handled by police during the G20 summit.

In his recommendation, board chair Alok Mukherjee suggested an impartial civilian overseer chosen to conduct the review. The yet-to-be-named independent reviewer will be chosen by the seven-member board in time for its July 22 meeting.

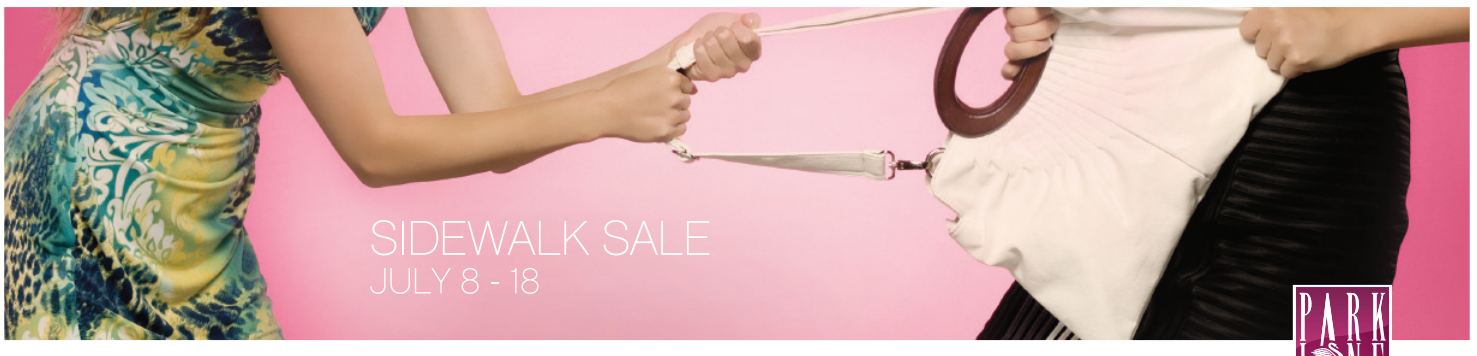
That individual will then have about 12 weeks to complete the review with the power to question board and police policy and actions relating to G20 security.

The review comes after more than 900 people were arrested during G20 protests, which saw vandals smash windows and burn police cars.

TORSTAR NEWS SERVICE

Voices heard?

Dozens of people attended yesterday's board meeting expecting to have their say. Many shouted out their protests but were told they needed written submissions.



Gunman shoots 6 dead in Egypt bus rampage

- Driver confessed to targeting colleagues on bus
- Rare case of workplace violence in Arab nation

A disgruntled employee of an Egyptian construction company yesterday opened fire on his colleagues, killing six and wounding 16, before surrendering, police and company officials said.

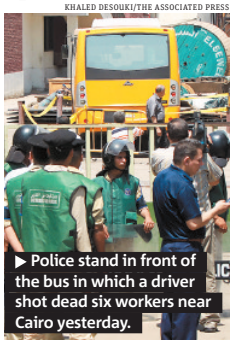
According to police, the gunman, a driver, pulled over the company bus in western Cairo, whipped out an assault rifle and showered his passengers with bullets.

The Arab Contractors company identified the assailant as 53-year-old Mahmoud Sweilam. In a statement issued after the attack, the company said he had hidden his weapon under the bus seat and then turned himself in after the shooting, which took place just 300 metres from company premises.

Effat Abdullah, the company spokesman, said that Sweilam spent 20 years in the company, one of the largest construction companies in Egypt, but declined to comment on a possible motive for the attack.

According to the security official, the gunman appeared to have suffered severe depression after he was transferred to a new position.

KHALED DESOUKI/THE ASSOCIATED PRESS



▶ Police stand in front of the bus in which a driver shot dead six workers near Cairo yesterday.

THE ASSOCIATED PRESS

Spain. Sprayed



▶ A woman is sprayed with wine during the opening of the 2010 San Fermin Fiestas yesterday in Pamplona.

VICTOR CAIVANO/THE ASSOCIATED PRESS

San Fermin Fiestas start in Spain

The European country shrugged of its recent economic woes as thousands packed into Pamplona's main square to spray each other with wine as a firecracker rocket blasted off to start Spain's famous San Fermin bull-running festival.

Priest charged in $1.3M theft

A Connecticut Catholic priest was charged yesterday with stealing $1.3 million US in church money over seven years to use for male escorts, expensive clothing and luxury hotels and restaurants.

THE ASSOCIATED PRESS

Feds file suit against Arizona

The Obama administration filed suit yesterday against Arizona over its controversial immigration law, making a legal attempt to kill the measures described by President Barack Obama as a serious threat to U.S. civil rights. THE ASSOCIATED PRESS

Sarkozy denies secret cash

French President Nicolas Sarkozy denied a report that his 2007 election campaign received $188,000 US in secret donations from France's richest woman, saying the allegations were an effort to smear him.

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THE END IS NIGH. NOW PASS THE MUSTARD

Just sayin'

PAUL SULLIVAN



Greed is not good.

Look where it gets us. Not to sound like an Old Testament prophet, but unless we change our ways — and soon — the end is near.

If you don't believe me — there's a respected Wall Street technical analyst who has read the signs and warns the Dow Jones Industrial Average is about to shrink below 1,000, or 9,000 points less than it is today.

At the same time, wildlife is coughing up tarballs from Galveston to Sarasota, and the Arctic is melting.

The signs aren't good.

Nonetheless, wretched excess is alive and well, and if recent events indicate, it recognizes no class boundaries. In short, there is no class.

The Queen, for example, spent the weekend at places and events with her name on them: The Queen's Plate and Queen's Park, wearing a couple of selections from the Royal Hat Collection. She has 500 hats. I can understand one for the sun, one for the rain and one for the cold, but 500? At a time when the U.K. is suffering through the longest recession in its history (and that's some history), the Queen's hat budget needs to be trimmed. She should endure the same cuts as the rest of the government, 25 per cent across the board, requiring her to take 125 hats to the Goodwill. Off with her hats!

"My point is simple: No one gets it. From the highest to the lowest, we're cruisin' for a correction."

The ruling class is not alone in its unclassy behaviour. Wretched excess is alive and well at the trailer park end of the spectrum, too. How else to explain the annual spectacle of Nathan's Famous International Hot Dog Eating Contest, held every July 4, a great American tradition? This year's winner, for the fourth year running, was Joey (Jaws) Chestnut, who managed to choke down 54 dogs in 10 minutes. It was not a pretty sight — but that did not deter thousands of people from turning up to watch in 40 degree heat.

Jaws was disappointed: He was reaching for a record 70 dogs in the allotted 10 minutes. Last year, in more temperate conditions, he downed 68. His arch rival, the world's No. 3 ranked glutton, Takeru Kobayashi, who sat out this year's contest due to a contract dispute with Major League Eating, crashed the stage and threatened to give the crowd a free demonstration of virtuoso hotdog eating.

The NYPD carted Kobi off to jail and Jaws took the Mustard Belt home for another year. I am not making this up.

My point is simple: No one gets it. From the highest to the lowest, we're cruisin' for a correction.

Meanwhile, pass the mustard.

Cartoon



Noteworthy

Octopus predicts Spanish victory

The eight-legged oracle has spoken: Paul the octopus says Spain will sink Germany in their World Cup semifinal. The floppy soccer fan from Oberhausen's Sea Life Aquarium chose a mussel from a glass tank marked with a Spanish flag yesterday and ignored a tank emblazoned with Germany's colours, spokesman Daniel Fey said.

Amid intense anticipation of today's game, the eight-legged expert's pick was carried live by two national all-news television stations.

THE ASSOCIATED PRESS

MPs and their side jobs

Letters & Tweets

We asked: Should MPs be allowed to moonlight?

TORONTO. Yes, MPs should be allowed to have their own business. But if they have a business or other job and are also an MP, they should only be paid a part-time salary.

If they have other interests besides serving the public let their wage also reflect their split interests. That's how we will get this economy back on the right track. Stop gouging the public (i.e., HST).

JAMES BROWN

We asked: Who will win the World Cup?

EDMONTON. This World Cup is already determined by the numbers:

1. Brazil won the World Cup in 1994; before that it also won in 1970. Adding 1970 + 1994 = 3,964.

2. Argentina won its last World Cup in 1986; it also won in 1978. Adding 1978 + 1986 = 3,964.

3. Germany won its last World Cup in 1990; it also won in 1974. Adding 1974 + 1990 = 3,964.

4. Therefore, if you want to know what nation is going to win the World Cup in 2010, you only have to subtract 2010 from the magic number we have determined: 3,964. 3,964 minus 2010 = 1954.

In 1954, the World Cup was won by Germany. Probably not scientific, but pretty interesting.

SHARAN PAL SANDHU

Speaking out

TORSTAR NEWS SERVICE FILE PHOTO



What's your ideal or dream summer vacation?

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Metro has the right to edit letters and submissions.

Metro Minute with Navy And Halifax

For as long as there have been Canadian sailors, there have been artists in Halifax recording the city's connection with the navy.

The Navy And Halifax: 100 Years Together is running until Aug. 15 at the Art Gallery of Nova Scotia.

Check out Arthur Lismer's work capturing ships lined up in the harbour between 1916 and 1919.

Donald Cameron was an official war artist during the Second World War who focused on the sailors in his work.

See Cameron's paintings and a number of others during this exhibit to celebrate 100 years of the Canadian Navy.

METRO HALIFAX

CONTRIBUTED



▶ Sailors stand out on HMCS Shawinigan.

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Tech mergers may not help customers

They're supposed to improve service, but often do the opposite **Customers can get lost in the shuffle**

The world's largest technology companies have been on a buying spree, spending billions to snap up smaller companies. And often the buyers say they're doing it for their customers — businesses, hospitals, schools and government agencies.

As tech companies get bigger, they say, they can offer a broader variety of products and make it easier for their customers.

Yet if you ask the customers, you hear a different story. Often they get new headaches with multibillion-dollar deals by the likes of Oracle, IBM and Hewlett-Packard. When you add the challenges that come with any corporate acquisition, it's not hard to envision a reverse trend eventually building: a drive to split up tech companies that have grown too large.

"When the smaller guys are gobbled up by bigger guys, in theory it's supposed to be better, but in our experience it's been worse,"
LARRY BONFANTE, CEO, U.S. TENNIS ASSOC.

Larry Bonfante, chief information officer of the United States Tennis Association, started battling recently with one of his suppliers, which supports USTA's computer applications and runs its help desk. Bonfante won't name the company but says it was bought a year ago by a large, publicly traded company. "Our service and our relationship with that company since then has gone absolutely into the tank," Bonfante says.

Technology companies have spent more than $350 billion buying other companies worldwide over the past 3 years, according to Capital IQ, a division of Standard & Poor's.

THE ASSOCIATED PRESS

Sweden. Protest



▶ Feminist Initiative leader Gudrun Schyman sets a wad of money ablaze in Visby, Sweden, yesterday.

JANERIK HENRIKSSON/THE ASSOCIATED PRESS

Women fired up over pay

Protesters burned 100,000 kronor ($13,800) — the amount Swedish women miss out every minute in comparison to men — in a rally against unequal pay for men and women in Sweden yesterday.

Chapters, Indigo expanding products

Book lovers should expect to see more toys, teapots and trinkets in Indigo stores as the company diversifies its in-store product mix to adapt to a growing trend towards downloadable e-books.

Indigo, which operates as Indigo, Chapters and Coles, is planning a transformation that will see it operate as "the world's first cultural department store," CEO Heather Reisman told the company's annual meeting yesterday.

THE CANADIAN PRESS



▶ Indigo CEO Heather Reisman

Quebec expected to help pharmacies

Pharmacy chain Jean Coutu Group Inc. said yesterday it expects the Quebec government to come up with measures to help it cope with a government move to drop the prices on generic drugs.

"The Jean Coutu Group strongly believes that offsetting measures need to be adopted," president and CEO Francois Coutu told a conference call.

The Quebec government recently announced it expects to save $164 million a year from lower prices on generic drugs.

THE CANADIAN PRESS

Drug rules

Quebec has followed Ontario's lead in cutting the price of generic drugs:

- **Lowest price** Quebec's drug policy requires the province to offer the lowest price in Canada.
- **Following Ontario** Ontario decided last month to lower the prices for generic drugs.

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2 scene

Swede turns up heat

Millenium Trilogy a global phenomenon The Girl Who Played With Fire not your average Hollywood heroine

CHRIS ALEXANDER
SCENE@METRONEWS.CA

Who could have forseen that a series of posthumously published Swedish mystery thrillers centered around a borderline insane, kickboxing, bisexual, computer-hacking super genius street punk running around Stockholm solving sex crimes would become one of the biggest literary and cinematic franchises of the decade?

But the late Stieg Larrsson's Millennium Trilogy and their juggernaut film adaptations have accomplished just such a feat. Scandinavian entertainments that Americans are going gaga for in all their media incarnations.

This week, the middle chapter of the series, The Girl Who Played With Fire opens in select North American cities. And, although there's a new director on board for both this installment, the film's central character Lisbeth Salander (Noomi Rapace) remains one of the most arresting female presences.

"Lisbeth is a magnificent creature," says director Daniel Alfredson. "She's both human and superhuman. She does things we wish we could do at the worst of times but she's also vulnerable."

Fire sees Lisbeth back in action a year after the events of the first film. Reporter Mikael Blomkvist (Michael Nyqvist) still pines for his former lover and partner, and — when she's framed for a rash of murders — it's up to Blomkvist to rescue his damsel. Though, with her lethal abilities, she does a good job fending for herself.

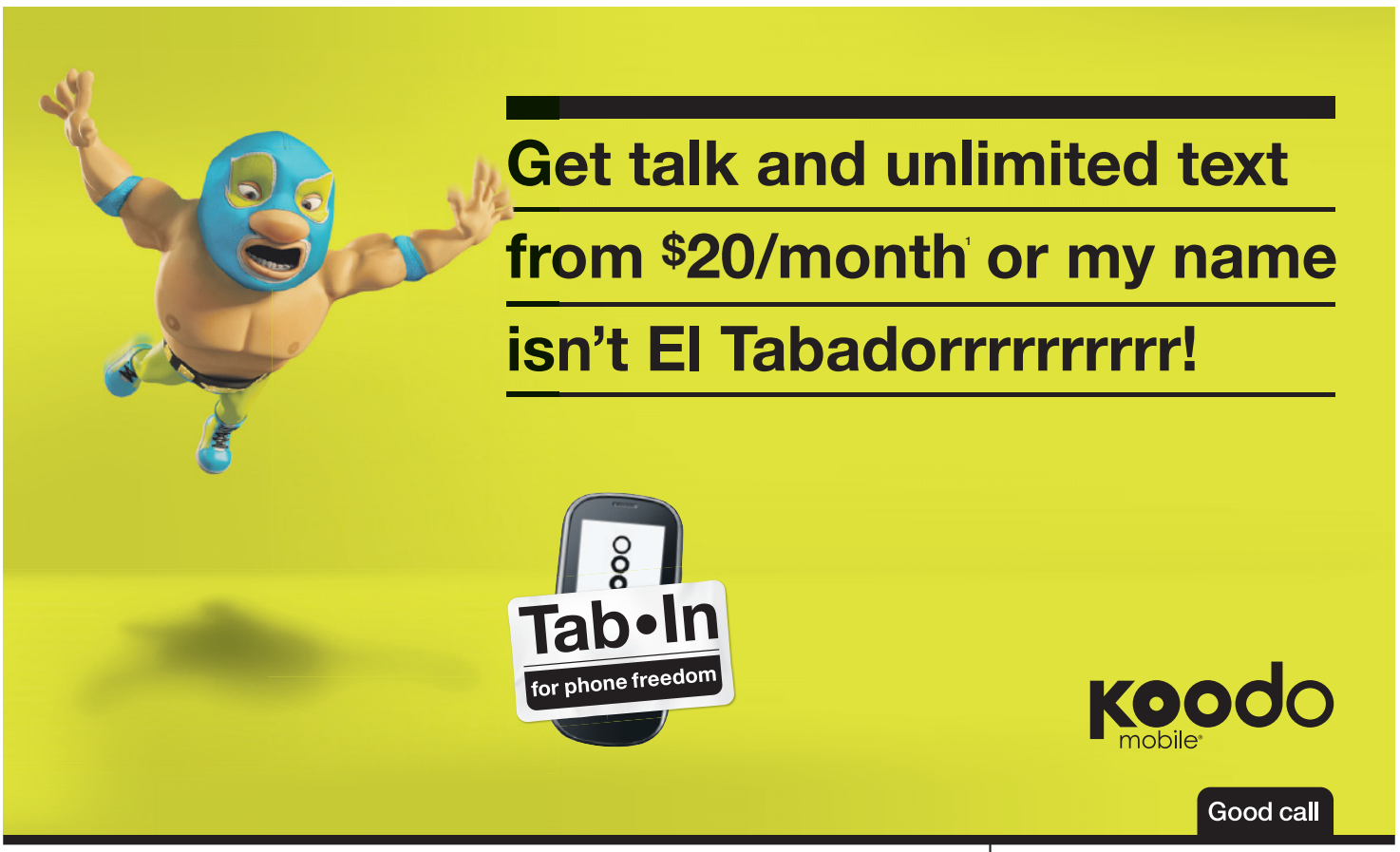

Noomi Rapace stars as Lisbeth Salander in The Girl Who Played With Fire.

8,000,000
The Girl With The Dragon Tattoo, the first novel in the Millennium trilogy on which the films are based, has sold over 8 million copies, breaking records for international sales.

Scan for code for news on how the Bachelor breakup shows the ugly side of public splits

Background

- **Millennium Trilogy** author Stieg Larsson never lived to see his work reach the screen, or even published for that matter. He died of a heart attack soon after submitting his manuscripts.
- **The film version** of The Girl With The Dragon Tattoo remains the highest grossing Swedish film of all time, and an American remake — with Seven director David Fincher reportedly attached — has been announced.



Gaga beats Obama in friends primary

Flamboyant singing sensation the first living person to exceed 10 million fans on a social network

When it comes to friends, at least those of the Facebook brand, it seems Lady Gaga has more than any living person – over 10 million of them.

The singer, who's been charting a new course for pop culture, has become the first living person to reach, and apparently quickly exceed, 10 million friends on the popular social networking website.

That, according to various reports, is about 700,000 more than U.S. President Barack Obama.

Gaga's fame has been sweeping the globe like a sequined tsunami since she exploded on the charts with her hit song Just Dance in 2008.

The New York born singer/songwriter is also the first currently performing artist to tally one billion YouTube views, and her record sales, like her hair, have gone platinum.

The 24-year-old music and media sensation formerly known as Stefani Joanne Angelina Germanotta, is currently in the midst of her enormously successful Monster Ball Tour.

THE CANADIAN PRESS

GETTY IMAGES



▶ You're looking at the officially most popular person on earth

Talking points

Clooney's court date

IT'S LIKE THE OSCARS OF THE JUDICIARY WORLD. George Clooney is being called to testify in Milan for the trial of three people accused of using his name for a fashion line, according to the ANSA news agency. "There will be a lot of people, I imagine," judge Pietro Caccialanza says, who adds that extra security has been ordered.

METRO WORLD NEWS



Look, but don't touch

Celebrity tweets



Kirstie Alley [@kirstie-alley] TARGET has got the cutest toddler clothes..just picked some up for my God Daughter!NO I don't work for TARGET



Cindy Crawford [@Cindy-Crawford] Spent the day a Raging Waters for my son's birthday. Waterslides are fun at any age! We had a fantastic time!



Tom Felton [@Tom-Felton] On the way to the habbo hotel! My cabbies never heard of it though, think he's lost. Anyone know the street name?

GETTY IMAGES



▶ Wait – aren't *kids* supposed to call their *dads* on Father's Day?

Kelsey sets the record straight

Kelsey Grammer is fighting back against accusations that his failure to call his kids on Father's Day is what finally convinced his wife, Camille Donatacci Grammer, to file for divorce.

"The truth is I did call my kids that evening," he says on his website. "Frankly, I was surprised that they did not call me in the morning."

The former Frasier star also took issue with a report that he'd been out on a date with a mystery blonde, who turned out to be his daughter from a previous marriage. "I do take issue with the characterization that we were smooching but surely if that were the case then even I admit it might be newsworthy in some fashion," he says.

METRO WORLD NEWS

Lohan sentenced to prison stint

A judge yesterday found Lindsay Lohan in violation of probation in a 2007 drug case after prosecutors said she failed to attend court-ordered alcohol education classes.

She was sentenced to 90 days in jail.

The ruling came during a hearing set for the Mean Girls star after she missed a court date in May. She has been required to wear an ankle alcohol monitor since then, but was accused of drinking with it on. THE ASSOCIATED PRESS

GETTY IMAGES



▶ On location at the L.A. County jailhouse



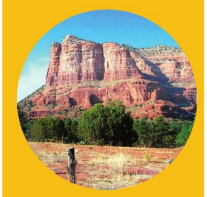


3 life

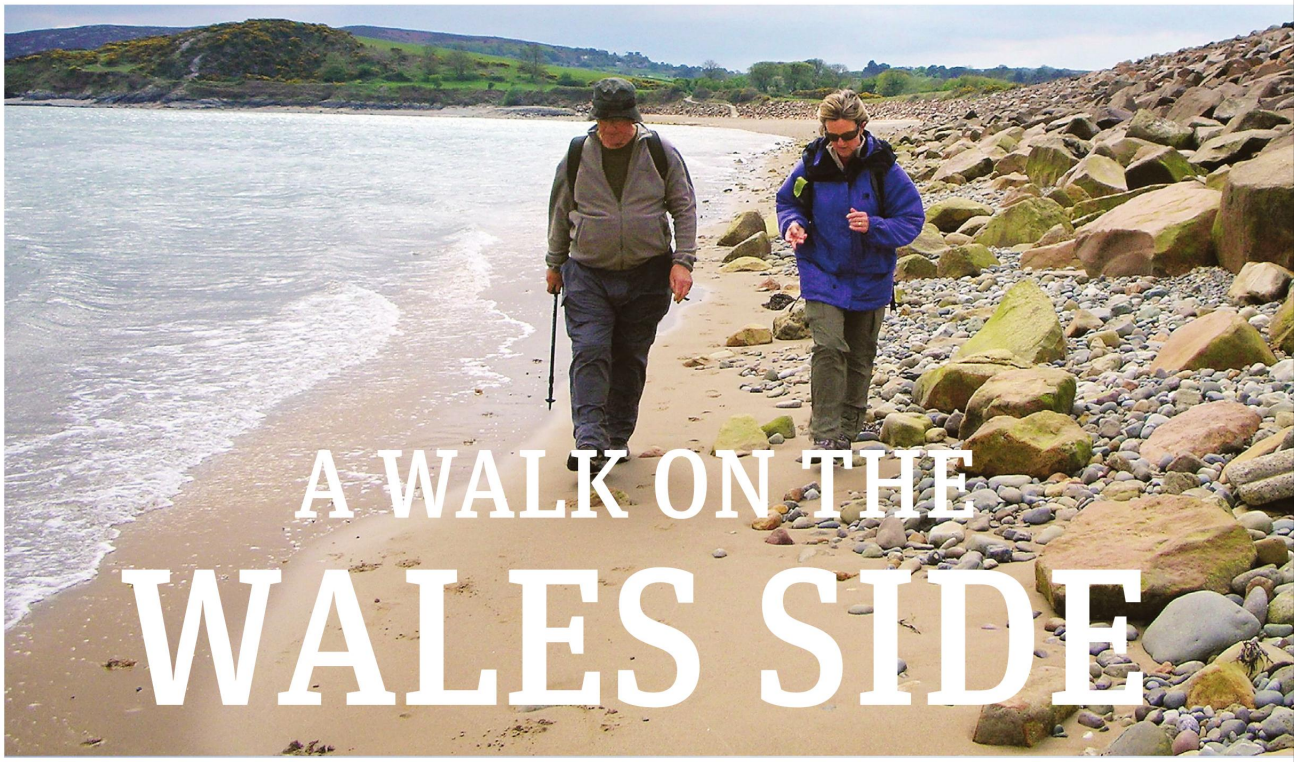
Top Pick

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A WALK ON THE WALES SIDE

PAUL BALDWIN
METRO WORLD NEWS
TRAVEL@METRONEWS.CA



As the clouds thinned, and chinks of sunlight speckled the ocean, my little sister turned and said: "God, that's prettier than the Greek islands."

And indeed it was.

She meant the way the cliffs, a smorgasbord of gorse-covered Precambrian rocks battered by the tides for millennia, jutted sharply out to sea before retreating back on themselves as far as the eye could see.

But this wasn't a Greek island. It wasn't even close to a Greek island.

It was Wales, a place famed for mines, rugby and sheep — not necessarily in that order.

So it was strange that, on a cliff edge somewhere near Mynydd Mawr, I felt myself nodding in complete agreement — genuinely amazed at how beautiful this place was.

It hadn't always been like this. I'm not a natural walker, nor am I a natural lover of Wales, having been forced to spend pretty much every family holiday of my entire childhood years in a tiny hamlet called Morfa Nefyn, a place proudly devoid of anything that might interest a sulky teenager.

The origins of why we were here lay slightly lost in a fug of a drink-fuelled evening, but here we were — me, two of my sisters and my dad, all signed up for a walking tour with specialists Celtic Trails (celtic-trails.com).

To be honest, on day one I felt like I'd lost a bet.

We walked out of the hotel into one of those imperceptibly fine mists and bundled ourselves into an awaiting taxi taking us to the start of a 13km hike from Nefyn to Towyn.

As we hit Nefyn beach the sun suddenly appeared bang on cue and, even weirder, as we strode out across the cliff tops cliché after cliché started to fall into place.

My city office suddenly really did seem the claustrophobic pigeon-holes that it is, the air really did seem cleaner, the soul really was stirred and, by god, it was beautiful.

Day 2 was a 15 km hike across isolated beaches and craggy cliffs to Porth Oer.

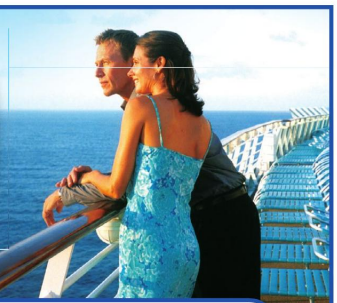
Day 3 took in the surreal Whistling Sands (it squeaks when you walk on it), the massive seascapes around St Mary's Well and the lovely little village of Aberdaron.

It rained a bit and no-one cared, walking in such a deeply splendid landscape was starting to feel vaguely zen-like.

The guide books will tell you of the fascinating history, the ancient churches, the Druid settlements, and it is all there for you to find.

But that's all dead and gone — the real beauty of walking the Lleyn Peninsula is its ability to bring you back to life.

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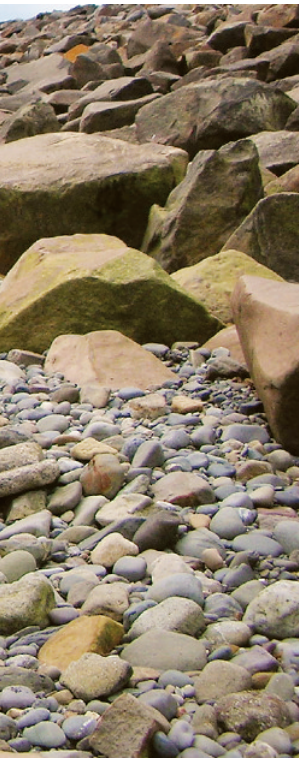
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heshiphotelaberdaron.co.uk

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Life's a beach

ROMINA MCGUINNESS
METRO WORLD NEWS
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Romina McGuinness found the bargains in Okinawa, Japan's No. 1 holiday destination.

"Okinawa offers so many beautiful islands it takes your breath away."

DAILY BUDGET	EAT	STAY	GO
$65	***MAFALI CAFE*** Curries, cakes and cocktails served in an atmospheric party atmosphere in a hip second floor cafe. **mafalicafe.com**	***LOHAS*** Warm, colourful and sociable, perfect for budget travellers with cheap dorms and private rooms **lohas-cg.com/english.html**	***KUME ISLAND*** An Okinawa trip is incomplete without island hopping: explore postcard perfect white sands of Kume Island's Ifu beach (**jnto.go.jp**)
$130	***BIAN*** A modern take on a traditional Japanese-style pub, sushi is served at sunken tables in a sleek space of wood and glass. **r.gnavi.co.jp/f185200**	***OKINAWA PORT HOTEL*** A big white hotel with good, clean facilities well located near central Naha. **ishinhotels.com/**	***LEARN TO DIVE*** Take the PADI Discover Scuba Program, including pool training and equipment (US$60). Okinawa is even more colourful underwater than above.

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Oriental Mushroom Salad



Grilled Oriental Mushroom Salad

Ingredients:

- 3 tbsp each vegetable oil and soy sauce
- 1/3 cup rice vinegar
- 2 cloves garlic, minced
- 1 tbsp Dijon mustard
- 2 green onions, chopped
- 1 tbsp Dijon mustard
- 1 tbsp finely minced ginger root
- 1 lb sliced assorted fresh mushrooms (white, cremini, portobello, shiitake, oyster)
- 3 tbsp teriyaki sauce
- 16 cups mixed salad greens or baby spinach
- 1 tbsp sesame seeds

Preparation:

1. In a small saucepan, mix oil, soy sauce, vinegar, garlic, mustard, onions and ginger root. Set aside.
2. Pile mushrooms in centre of a piece of aluminum foil. Drizzle with teriyaki sauce. Fold in edges and ends to seal well. Barbecue over high heat for five minutes or until steaming. Heat dressing on barbecue or stovetop just until boiling.
3. Divide salad greens evenly among 4 large salad plates. Top with warm mushroom slices and drizzle with hot dressing. Sprinkle sesame seeds on top..

Superfood: Plums



Shaped like a golf ball, plums have been hailed as the new super food stars, overtaking berries with their astonishing array of health benefits

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ROMINA MCGUINNESS

Monte cristo with a twist

Under the shade of a tree in a park, on a blanket at the beach or even in your own backyard, this is the best time of year for a picnic Sandwiches are a seasonal must to include in any basket you're making

CARLO MENDOZA



A winning combination of sweet, savoury and salty flavours.

Topped with turkey, cheese and apricots (though if you don't have apricots handy, try apricot or fig preserve), the sweetness of the fruit, paired with the savoury turkey and slightly salty cheese is a deliciously mouthwatering combination.

Preparation:

1. In a shallow dish, whisk together eggs, milk, salt and pepper. Set aside.
2. Lay 4 slices of bread on a clean surface and spread on a thin layer of mustard. Top each slice with cheese, turkey and another layer of cheese. Arrange apricot slices in an even layer on top and sandwich with remaining bread. Press down on each sandwich.
3. Dip each sandwich into egg mixture, turning to coat all sides.
4. Working in batches as necessary, melt butter until foamy in a large non-stick skillet set over medium-low heat.
5. Place sandwiches in skillet, cover and cook until bottom is golden brown, about three minutes. Flip sandwiches, cover and continue to cook until cheese melts and bottom is golden brown. Remove from pan.

CONTRIBUTED BY PAULA BOWMAN

20 minute SUPPER CLUB
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Ingredients :

- 4 eggs
- (1/3 cup) milk (whole, 2% or low fat)
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 8 slices Calabrese or country-style bread
- 1 tbsp Dijon mustard
- 4 oz Fontina cheese, grated (about 1/3 cup)
- 4 slices thick-cut (about 1/8-inch) deli turkey breast
- 4 fresh apricots, pitted and thinly sliced
- 2 tbsp unsalted butter, more if cooking in batches
- icing sugar, for garnish



Hanging out off the clock

For many co-workers the line between colleagues and friends can dissappear altogether

DREW HINSHAW
METRO WORLD NEWS

It's good and natural that folks who work, collaborate and trod the extra mile together often also hang together, career counsellors say. But beware, they say, of the limitations of a work friendship, as the work part has its way of spoiling the friendship.

The danger is acutely present in small, claustrophobic businesses — where chances for advancement are few and coveted — or in sales departments, where the contest for commissions can curdle a mutual trust.

But in any professional environment, workplace relationship expert Courtney Anderson urges employees to be realistic about the friendships they take on.

"I don't know why people forget the difference between work friends and real friends, but they do," she says. "To me, it's simple. If you met these people at work, they're a work friend."

Clearing personal space between office buddies can be a job of its own — after all, you work together. A slip-out-of-lunch card like, "I have a lot of work to do," may fall flat.

Nonetheless, Escape From Corporate America author Pamela Skillings suggests you occasionally escape the after-hours getaway — running errands or laps at the gym are inoffensive alternatives. If need be, she offers, invite co-workers who don't usually come out.

"Open it up to more of a group effort," she says. "That's more of a team event, instead of the same two people gossiping every day at lunch."

Anderson agrees, and adds that work friends on lunch break should keep the conversation upbeat, and minimize any slander aimed at other colleagues.

"Talk about American Idol — regular, innocuous stuff," she advises.

ISTOCK



▶ Author Pamela Skillings suggests escaping the after-hours getaways every so often.

Too close?

- Many times, it's the friendships that have grown too close that become too physically close, Anderson says. Many harassment cases happen between pals, off campus where interpersonal boundaries shift.

News in brief

Twitter doesn't mix with college

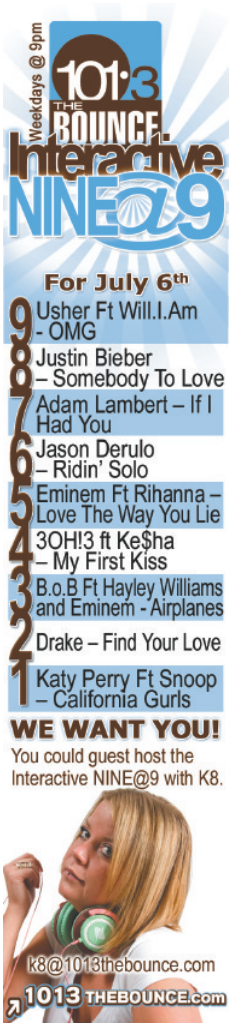
EDUCATION Twitter is more popular with admissions officers than it is with students, according to a recent study by The Chronical of Higher Learning. A survey of 200 prospective students and 70 admissions offices found that while 40 per cent of college dmissions offices are active on Twitter, just 15 per cent of prospective students expressed interest in using Twitter to learn about colleges. METRO NEWS SERVICES

Dawson to tackle violence

CONFERENCE Dawson College and the Association of Canadian Community Colleges will stage an international conference on school violence at Dawson in September 2011, which will coincide with the fifth anniversary of the shooting at the Montreal CÉGEP, the Montreal Gazette reports.
METRO NEWS SERVICES

N.L. gets $14M for fisheries

MONEY The Newfoundland and Labrador government announced last week a $14-million investment to expand long-term fisheries science capabilities for the province. The government is investing in a suite of new fisheries science research programs, including the creation of a new Centre for Fisheries Ecosystems Research.
METRO NEWS SERVICES



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ISTOCK



▶ If you know your professor on a personal level you will learn and achieve more, studies show.

Don't just stare, get to know your professor

- Professors can only go so far — the rest's all you
- Making a connection with your teachers can help

DREW HINSHAW
METRO WORLD NEWS

"I think the onus should be on the faculty, too, to be accessible and participate in student activity.
NEIL MACKINNON, PROFESSOR AT THE PHARMACY COLLEGE AT DALHOUSIE UNIVERSITY IN HALIFAX

Over the last year, connections between undergrads and faculty are being more and more scrutinized, as number of studies — both scientific and informal — have all pointed to the same thing: Students learn and achieve more, when they have a relationship with their professor.

"If a student gets to know the professor outside of class, it helps them within the classroom," says Dr. Tod W. Burke, a professor at Radford University. "Not only does the student wish to please the professor, but the student begins to feel they will be letting them down if they do not do their best work."

Professors don't seem surprised by the recent finding. In communicating with a cross-section of more than 30 professors, most say that when a personal relationship is fostered with a student, they too feel a greater sense of accountability. And this often has an effect on grades.

"If a student has an 89.3 average and is engaging in class, it's natural to give that person the benefit of the doubt and bump it to an A," says John Mooney, a professor at Berkeley College's Manhattan campus.

WORLD CUP

Getting away with watching the game at work

With the World Cup now in the semi-finals the urge to watch while you work should be rising. Here's some tips courtesy of Molson on how to do it, and get away with it.

- Stream the game on your mobile device. Carefully position it on your lap so you can nonchalantly glance at the game while working;
- Schedule offsite lunch meeting with clients and colleagues and treat them to a World Cup experience;
- Propose undertaking market research for your company, documenting what fans are doing, thinking, wearing, eating and drinking during the game;
- Hook up a second monitor to your work computer. One screen for work related tasks and the other to watch the game;
- What's football without a pint? Enjoy an office-proof pint during the game like Molson Canadian 67, which has only 67 calories and three per cent alc./vol. per 341 ml bottle, making it an ideal choice during the workday.

METRO



4 sports

Sports in brief



1 Riders QB Darian Durant gets weekly CFL honour.

2 Caster Semenya cleared to return to competitive track and field.

3 LeBron James opens Twitter account under the name @KingJames.

Scan code for sports news

Only five teams confirmed for Premier Basketball League in 2011 League has never operated with fewer than nine teams League president eyes expansion in Puerto Rico, U.S.

RYAN TAPLIN/METRO FILE



Jevohn Shepherd of the Halifax Rainmen goes hard to the basket in a Premier Basketball League game last season.

PBL could lose 2 teams before 2011



MATTHEW WUEST
@METRONEWS.CA

The Premier Basketball League is down to just five confirmed teams for 2011, but president Andre Levingston isn't panicking.

Levingston, who doubles as owner of the Halifax Rainmen, has all but given the boot to expansion franchise SouthCoast United, based in Fall River, Mass., and has given the Vermont Frost Heaves a deadline of July 15 to come up with $100,000 to stay in the PBL.

That leaves his Rainmen, the Quebec Kebs, Saint John (N.B.) Millrats, Lawton-Fort Sill (Okla.) Cavalry and Rochester (N.Y.) RazorSharks as the only confirmed teams for next season.

"I don't think there should be any concern," he said. "I think fans should be excited, finally, about the direction of this league. We're putting checks and balances in place and moving forward with teams that are going to be very, very solid and stable."

"I'm confident Vermont is going to do what it needs to do (to stay in the PBL) because there are a lot of fans who don't want that organization to go anywhere."
ANDRE LEVINGSTON, PREMIER BASKETBALL LEAGUE PRESIDENT

Levingston said he needs a minimum of seven teams to run a "really, really good league," but he's hoping to bring in as many as four teams from Puerto Rico's Baloncesto Superior Nacional and is in discussion with a few other potential ownership groups in the United States.

Levingston is scheduled to travel to Puerto Rico on Monday for a second time in a month.

"If we could get Puerto Rico on side, I really think the (NBA) D-League would have to sit back and take notice of what's going on here," Levingston said.

Rainmen zero in on Ervin



Gary Ervin is in town this week helping the Halifax Rainmen run their annual basketball camps, and owner Andre Levingston is taking the opportunity to talk contract with his all-star point guard.

"It gives us a great chance to sit down with him over the next few days," Levingston said. "He's definitely our top priority (to re-sign)."

MATTHEW WUEST

Amateur golf tourney set to begin

The Nova Scotia Golf Association men's amateur (15-and-older) championship opens today at the River Hills Golf and Country Club in Clyde River, Shelburne Co.

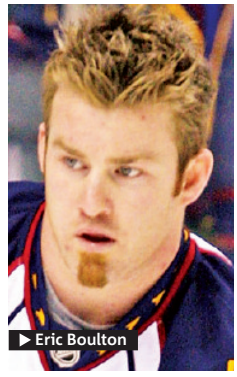
Last year's champion Sam Holland of Ken-Wo returns to defend his title as part of a 99-player field.

METRO HALIFAX

Digby youth wins N.S. midget golf title

Myles Creighton of Digby captured the Nova Scotia Golf Association midget championship yesterday at the Annapolis Royal Golf and Country Club. He fired rounds of 71 and 76 to earn the victory. Elizabeth Furniss of Paragon claimed the girls crown.

METRO HALIFAX



Eric Boulton

Boulton back with Thrashers

Middle Sackville's Eric Boulton has re-signed with the Atlanta Thrashers, landing a one-year, $650,000 contract according to the Atlanta Journal-Constitution. Boulton, a nine-year NHL veteran, has spent the past five years with the Thrashers, recording two goals and six assists along with 113 penalty minutes in 62 games. He was an unrestricted free agent after earning $1.2 million over the past two seasons.

METRO HALIFAX

Dutch ditch Uruguay

Netherlands heading to first World Cup final in 32 years ◐ Team to play winner of Spain-Germany match

The Netherlands is in the World Cup final.

Dutch stars Wesley Sneijder and Arjen Robben scored three minutes apart in the second half as the Netherlands beat Uruguay 3-2 yesterday to advance to its first championship match since losing in 1978 to Argentina.

"We are so close," Sneijder said. "There is nothing bigger than the World Cup."

Both of the Netherlands' past title-game defeats came during the golden period of Dutch soccer, and in the opposition's homeland.

No such worries this time, and no country outside of Africa has had as much fan support as the Netherlands.

3	2
NETHERLANDS	URUGUAY

And a tournament that looked like a South American fiesta early on will end in a European showdown for the second straight World Cup.

Sneijder and Robben made sure of that.

"This is unforgettable," said Sneijder, now tied with Spain's David Villa for top scorer at the tournament (five goals).

"Sunday we play in the World Cup final. I have to get used to that."

Sneijder's goal came somewhat unexpectedly because Uruguay had shut down the Dutch offence for much of the second half.

His left-footed shot from just inside the penalty area barely ticked the leg of defender Maximiliano Pereira before it skidded past goalkeeper Fernando Muslera.

THE ASSOCIATED PRESS

EUGENE HOSHIKO/THE ASSOCIATED PRESS



▶ Wesley Sneijder, top, celebrates with his teammates yesterday after a Netherlands goal.



Good enough to be a final

Germany seeks revenge against Spain from Euro 2008 in other semi

The reigning European champion vs. the runner-up. One of the top scorers at this World Cup vs. No. 2 on the all-time list. The most dynamic team at this tournament vs. a squad that's yet to show its full brilliance. A three-time champion vs. a team craving its first title.

Sounds like a great World Cup final.

Too bad it will be the semifinals when Germany and Spain face off today at Moses Mabhida Stadium, with many expecting the winner to go on and be crowned world champion four days later. The Spain-Germany winner will play the Netherlands in the final.

"This would have been a great final, actually," Germany's Lukas Podolski said yesterday. "We want revenge for 2008. When you are in a final you want to win. We still think about that defeat, and it still hurts. We want to reach the final and we'll do all we can to achieve that."

There's a game in every World Cup that comes a round or two too soon, and Germany-Spain definitely qualifies.

Spain had lost all of two games since November 2006, and it ended a 44-year major title drought when it beat Germany to win the European Championship in 2008. David Villa shares the scoring lead at this World Cup with Wesley Sneijder (five goals), and the Spanish defence hasn't allowed a goal in the knockout stage.

Germany, meanwhile, made old rivals England and Argentina look downright silly in their knockout round games, routing them by a combined score of 8-1 to reach a third straight World Cup semifinal.

Miroslav Klose has regained his old form and, with two goals against Argentina, moved into a tie with Gerd Mueller for second place on the all-time scoring list.

THE ASSOCIATED PRESS

MARTIN MEISSNER/THE ASSOCIATED PRESS



▶ Spain's Fernando Torres celebrates after scoring during the Euro 2008 final between Germany and Spain.

7

Germany has played seven World Cup finals and won three of them. Spain has never reached the final and has never beaten Germany in the World Cup.

Sports in brief

Probert funeral set for Friday

HOCKEY. A funeral for former NHL forward Bob Probert will be held in Windsor, Ont., on Friday.

Probert, one of the most feared fighters of his generation, died Monday after collapsing while boating with his family. He was 45.

An autopsy was conducted yesterday and foul play is not suspected, according to a release from the Ontario Provincial Police's Essex County detachment. Autopsy results were not released.

His funeral is scheduled to begin at 10 a.m. ET Friday at the Windsor Christian Fellowship church.

THE CANADIAN PRESS

Tour honours aggression

CYCLING. Canadian Ryder Hesjedal got to climb the podium yesterday at the Tour de France, but it wasn't quite the accolade he was after.

The 29-year-old from Victoria was honoured as the most aggressive rider in Stage 3 after a fourth-place finish.

Hesjedal launched a breakaway from the field some 13 kilometres into the 213-kilometre ride from Wanze Arenberg to Porte du Hainaut and led the way until he was caught by a group of elite riders near the end.

THE CANADIAN PRESS

Rutledge leads Canadian PGA event

GOLF. Jim Rutledge of Victoria shot a 5-under 67 to take the first-round lead at the Canadian PGA Seniors' Championship.

Craig Marseilles of Maple, Ont., was one shot back at 68 while Champions Tour player Rod Spittle of Niagara Falls, Ont., was two off the pace at 69.

Rutledge was 1 under after the first nine holes at RattleSnake Point.

THE CANADIAN PRESS

Kovalchuk mulls, ex-Habs sign

While Ilya Kovalchuk continued to weigh his options, two former Montreal Canadiens signed contracts with new teams yesterday.

Goaltender Jaroslav Halak agreed to a $15-million US, four-year deal with the St. Louis Blues while forward Sergei Kostitsyn took a slight pay cut with the Nashville Predators, signing a one-year deal worth $550,000.

Both players had spent their entire careers in Montreal before they were traded away in separate deals last month.

Even though there was a little more activity around the NHL, Kovalchuk remained on the open market. Jay Grossman, the agent for the star winger, posted a message on his Twitter account Monday night saying that Kovalchuk's choices had been narrowed. But a new deal didn't arrive by 7 p.m. AT yesterday.

The 27-year-old has scored 40 or more goals in six consecutive seasons and will likely command the most lucrative salary of this year's free-agent class.

Halak earned a raise coming out of his entry-level deal. The Blues acquired the 25-year-old for prospects Lars Eller and Ian Schultz and are hoping he takes them to the next level.

Meantime, the Predators appear ready to give Kostitsyn a chance to get back on track after acquiring him for forward Dustin Boyd and the rights to free-agent goalie Dan Ellis.

The 23-year-old Kostitsyn went through plenty of ups and downs in Montreal but will get a fresh start in Nashville. His $550,000 salary is $35,000 less than he earned last season.

THE ASSOCIATED PRESS

RONALD MARTINEZ/GETTY IMAGES



▶ Jaroslav Halak

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Canada

NHL prospects take to summertime ice

It is high summer and the hockey season is nearly three months away, but young players looking for NHL careers are in full equipment on the ice at rookie camps around the this week.

The Toronto Maple Leafs' summer orientation camp opened on Sunday, the early bird Ottawa Senators' camp was finished by Monday, while the Montreal Canadiens, Edmonton Oilers and Vancouver Canucks all opened their camps yesterday.

The collective bargaining agreement between the league and the NHL Players' Association allows a team to bring any player to its summer camp who has not yet completed his first, or "entry level" NHL contract.

That means 21-year-old P.K. Subban, a solid player in Montreal's march to the Eastern Conference final, is in camp along with 18-year-olds picked only two weeks ago in the draft.

THE CANADIAN PRESS

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Sports in brief

Wells headed to Derby

BASEBALL. Vernon Wells is headed to next week's home run derby, while Toronto Blue Jays teammate Jose Bautista, the loop's longball leader, is not. THE CANADIAN PRESS



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Total Price Adjustment........... $4,368

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Dealer may sell or lease for less. Limited-time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. +Ford Employee Pricing ("Employee Pricing") is only in effect from July 1, 2010 to August 31, 2010 (the "Program Period") and refers to A-Plan pricing ordinarily available to Ford employees and excludes any CAW negotiated bonuses or other special incentives that employees may receive from time to time. Employee Pricing is available on the purchase or lease of most new 2010 and 2011 Ford vehicles (excluding 2010/2011 Mustang Shelby GT 500, F-150 Raptor, F-Series Chassis Cabs, E-Series Cutaways and Stripped Chassis, F-650/F-750). The new vehicle must be delivered or factory ordered from your participating Ford Dealer during the Program Period. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Employee Pricing is raincheckable. Employee Pricing is combinable with the Commercial Connection Program but not combinable with, CPA, GPC, CFIP, Daily Rental Allowance, A/X/Z/D/F-Plan and A/Z-Plan Loyalty program incentives. **Offer valid from July 1 until August 31, 2010 (the "Program Period"). This offer is only valid at participating Canadian dealers. Any customer that test drives a new Ford or Lincoln vehicle during the Program Period and purchases or leases a new competitive vehicle and takes delivery of that vehicle within 100 hours of the Ford test drive will be eligible to receive a $100 offer. To claim the $100 offer the customer must return to the Ford dealer where they took their test drive within 100 hours of the original test drive and present the dealer with proof of purchase/lease and delivery in the form of a dated and signed Retail Buyers Agreement. Eligible customers will be mailed a cheque from Ford Motor Company of Canada in the amount of $100 after eligibility is verified. Only one (1) $100 offer may be claimed per person during the Program Period. Test drives from the Drive one 4 ur School program do not qualify. Offer only available for use by Canadian residents and is in Canadian Funds. This offer may be cancelled at any time without notice. †Total Eligible Price Adjustment of [$15,639] based on a new [2011 Ford SuperDuty F350 Lariat 4x4 Diesel]. Total Eligible Price Adjustment is a combination of Employee Price Adjustment of [$8,339], and delivery allowance of [$4,000], with the Recycle Your Ride program [$3,000 RYR and $300 Retire Your Ride]. Taxes payable on full amount of purchase price after Employee Price Adjustment and delivery allowance have been deducted. All offers exclude freight and air tax [$1,500], license, fuel fill charge, insurance, PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. See dealer for details. Limited time offer. Factory order may be required. *Purchase a new [2010 Ford Focus SE Sport Manual/Fusion SE Automatic/Ranger SuperCab Sport 4x2/ F-150 SuperCab XLT 4x4] for [$13,531/$19,198/$13,626/$27,693] after Total Price Adjustment of [$4,368/$4,801/$6,073/$9,706] deducted (Total Price Adjustment is a combination of Employee Price Adjustment of [$1,368/$1,801/$1,573/$4,206] and delivery allowance of [$3,000/$3,000/ $4,500/$5,500]. Taxes payable on full amount of purchase price after Employee Price Adjustment and delivery allowance have been deducted. All offers exclude freight and air tax of [$1,450/$1,450/$1,400/$1,500] license, fuel fill charge, insurance, PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. ■Program in effect from July 1, 2010 to September 30, 2010 (the "Program Period") To qualify for the Ford Recycle Your Ride Program rebate (the "Rebate(s)"), customer must first qualify for either the Government of Canada's "Retire Your Ride Program" or Summerhill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", customer must turn in a 1995 model year or older vehicle that is in running condition (able to start and move) and has been properly registered and insured for the last 6 months (12 months in B.C.). If you qualify under the "Retire Your Ride Program", the Government of Canada will provide you with $300 cash or a rebate on the purchase of a 2004 and newer vehicle. To qualify for the "Car Heaven Program", customer must turn in a 2003 model year or older vehicle that is in running condition and has been properly registered and insured for the last 6 months. If customer qualifies for either the Government of Canada's "Retire Your Ride Program" or Summerhill Impact's "Car Heaven Program", Ford of Canada ("Ford") will provide an additional rebate, if customer purchases or leases an eligible new 2010 Ford or Lincoln vehicle, in the amount of $1,000 (Focus, Fusion Mustang, Transit Connect, Ranger), $2,000 (Taurus, Escape, Edge, Flex, Explorer, Sport Trac), or $3,000 (F150, F250-550, E-Series, Expedition, MKZ, MKS, MKX, MKT, Navigator) (each an "Eligible Vehicle"). To be eligible for the Rebate(s), Ford must receive the following from customer, within 30 days of delivery of new Ford/Lincoln: (1) signed Ford Recycle Your Ride Claim Form; and (2) signed original ownership transferring customer vehicle to either "Retire Your Ride" or "Car Heaven" or "Authorized Recycler Drop-Off Receipt". The Rebate will be paid directly to customer in the form of a cheque. The Rebates are available to residents of Canada only and payable in Canadian dollars. Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. The Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. The Rebates are raincheckable. The Rebates are not combinable with the previous Ford Recycle Your Ride incentives in effect from September 3, 2009 to March 1, 2010 and from May 1, 2010 to June 30, 2010. The Rebates are not available on any vehicle receiving CPA, GPC, or Daily Rental Rebates and the Commercial Fleet Rebate Program (CFIP). The Government of Canada's "Retire Your Ride Program" and Summerhill Impact's "Car Heaven" Program are not available to residents of Northwest Territories, Yukon Territory, or Nunavut; and, therefore, Ford Recycle Your Ride Rebates are also not available to residents of Northwest Territories, Yukon Territory, or Nunavut. Other provincially specific rewards may be available in association with the Government's "Retire Your Ride" Program or SummerHill Impact's "Car Heaven" Program. For more information visit retireyourride.ca or carheaven.ca. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. © 2010 Ford Motor Company of Canada, Limited. All rights reserved. ‡F-Series is the best-selling pickup truck in Canada for 44 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2009. ▼Estimated fuel consumption ratings based on Transport Canada approved test methods. Vehicles equipped with 5-speed manual transmission. Actual fuel efficiency may vary based on driving conditions, vehicle load, and certain vehicle accessories. Midsize class per R.L Polk & Co. (U.S.)/ Intermediate per R.L. Polk Canada, Inc. (Canada). 50 MPG relates to the 2010 Focus S model. ^58.3 % of all new compact pick-up trucks sold in Atlantic Canada (NB, NF, NS, PE) in 2009 were Ford Rangers based on R.L. Polk Canada, Inc. vehicle registrations, January 2009 through December 2009. ^^Based on 2002-2010 Fuel Consumption Guide Data published by Natural Resources Canada for the 2.3L 4 cylinder 5-speed manual transmission Ford Ranger FEL Model. ††See your Ford of Canada Dealer or contact SIRIUS at 1-888-539-7474 for more information. "SIRIUS" and the SIRIUS dog logo are registered trademarks of SIRIUS Satellite Radio Inc. Includes 6-month pre-paid subscription.

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Understated Avalon adds some pizzazz

Toyota breaks the mould for its flagship sedan and revamps the 2011 model to attract younger buyers ◗ Lorne Drury gives the lowdown on the power and cool of the new Avalon

Power like Camry

UNDER THE HOOD Power for this front-wheel drive vehicle comes from a 24-valve, 3.5-litre DOHC V6 engine, making 268 hp and 248 lb/ft of torque. This is the same engine offered in the upscale Camry models. The V6 is mated to a six-speed automatic transmission and it is equipped with the latest valve-control mechanism to provide a broader power band.

Modern look

EXTERIOR From the addition of more chrome on the front grille and side rocker panels, to high-tech projector headlamps with light pipes and rear tail lamps with LED light pipes, the Avalon for 2011 has a much more modern look to it. Other new features include foldable heated power side mirrors with LED turn signal, 17-inch polished alloy wheels and prominent dual exhaust pipes. The restyling was carried out at Toyota's California design studio.

Airbags galore

SAFETY There are seven airbags including the segment's only driver's-side knee airbag. Active front headrests and redesigned rear headrests are included as are Vehicle Stability Control, traction control, ABS with Electronic Brake Force Distribution and Brake Assist.



Smooth and soft

HANDLING On the road, the Avalon presents a smooth, comfortable, soft ride— much like you would find in its Lexus counterpart, the ES 350. This is a family entry-luxury sedan and not a sport sedan, so the ride and handling is similar to competitors such as the Hyundai Genesis and Buick Lucerne.

41,100

The new Avalon offers a better overall package than before at a more reasonable price — $41,100 — which is $4,745 less than the outgoing model.

Plenty of room

INTERIOR Inside, one of the highlights of the Avalon is the amount of rear seat legroom. Three passengers fit comfortably in the rear seats and the wide door openings and flat floor area make entry and exit a breeze. Meanwhile, all seating surfaces are leather, heated in front and with eight-way power adjustments for the driver's seat.

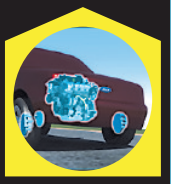
Sipping the gas

FUEL ECONOMY The Avalon is rated by Natural Resources Canada at 10.6L/100 km (27 mpg) city and 6.8L/100 km (42 mpg) highway for a combined 8.9L/100 km (32 mpg).

5 drive

Up and down

Curve Control
Ford has announced a new innovation, Curve Control, which it said is designed to help drivers maintain control of their vehicles when taking a curve too quickly.





Lexus recall
Lexus Canada is recalling nearly 3,700 GS, IS and LS models that may have foreign material contaminating the engine valve springs.

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JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Engineered almost solely for bottom-line pricing and good fuel economy, the Suzuki Swift + is a more common machine than you might think. Though it wears the badge of Japan's smallest auto manufacturer, the Swift + was re-badged for sale to Canadians as both the Chevrolet Aveo and Pontiac Wave. Beyond that, the actual platform for all three vehicles was from a Korean-made Daewoo model called the Kalos.

The last generation of the Swift + / Aveo / Wave was available to Canadians from 2004 to 2008 in both five-door hatchback and four-door sedan body styles.

Look for goodies like body-coloured accents, heated mirrors, fog-lamps, air conditioning, remote entry and a six-speaker stereo on the standard or optional equipment lists depending on the model you're considering.

What Owners Like

Not surprisingly, affordability, fuel economy, features-per-dollar and practicality were all major reasons that shoppers decided on a Swift + at the time of purchase. Many owners also like the styling, maneuverability and visibility offered by their their machines, too.

What Owners Hate

Common complaints of the Swift + include limited rear-seat room, limited storage space and a choppy ride on some surfaces. Some owners wish for more power and a quieter ride, too.

PHOTO COURTESY SUZUKI



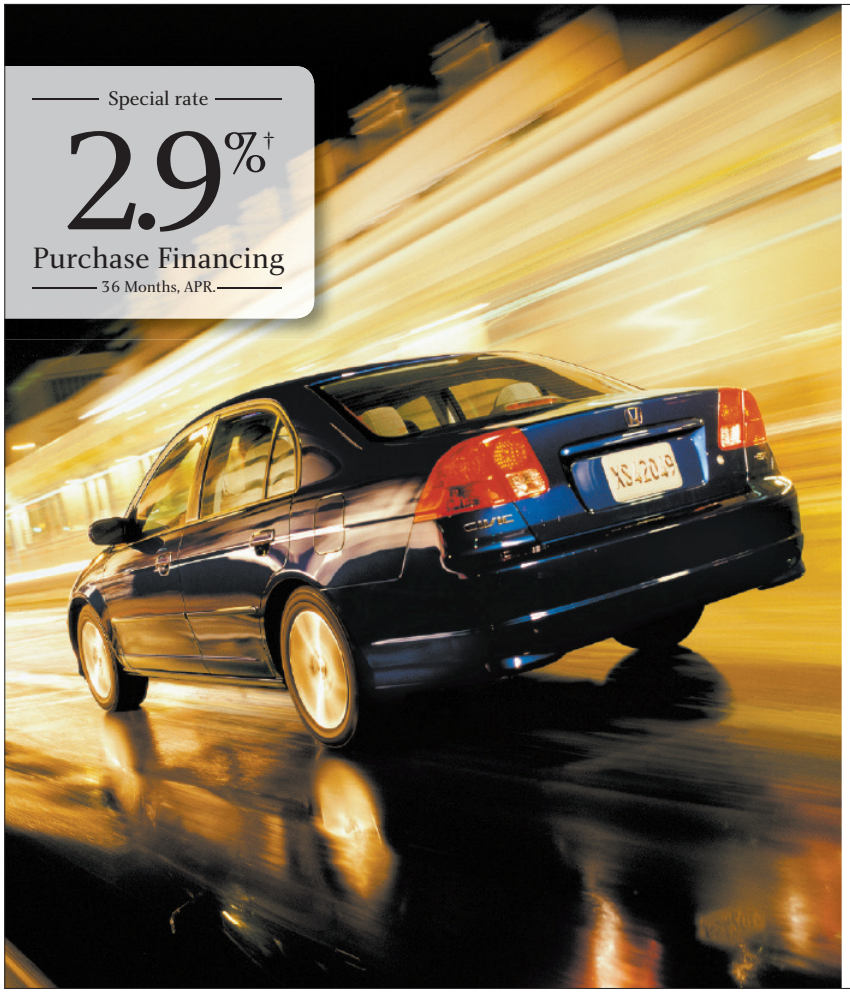
▶ The Suzuki Swift + is a great car for students and others on a meagre budget.

Suzuki Swift +

- **MODEL YEARS** 2004-08
- **VEHICLE TYPE** Compact sedan/five-door
- **APPROXIMATE USED PRICE RANGE** $5,000-7,000

Common issues

Been driving a manual transmission for years? Considering a Swift + with a stick shift? Be double sure the clutch engages and returns as expected. Check for any clutch slippage or grinding during gear changes, which could indicate a problem with the clutch or the hydraulic system.



It's a used Honda, not a used car.

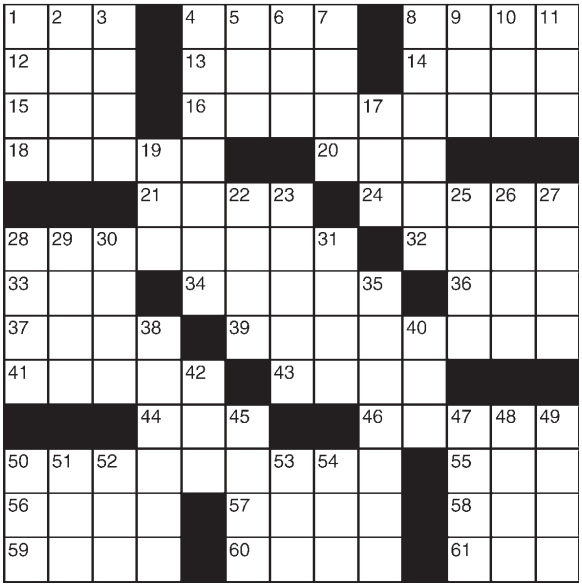
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Crossword



Across

1 Taxi
4 Recedes
8 Quick cut
12 Coloration
13 Small combo
14 Telegram
15 Historic time
16 Mustache type
18 Animal life
20 Help
21 One
24 Transfer
28 Nightspot of a sort
32 "The Thin Man" role
33 Venomous viper
34 Wheels of fortune?
36 Soong — -ling
37 Passel
39 Keyboard feature
41 Largest of the lower 48
43 In due time
44 Meadow
46 Milk dispenser?
50 Mecca for fans, maybe
55 Water (French)
56 Language of Pakistan
57 See 58-Across
58 With 57-Across, Scarecrow's TV partner
59 Agrees silently
60 Eyelid woe
61 Inseparable

Down

1 Gordon Ramsay, e.g.
2 Emanation
3 Suitor
4 Gasoline alternative
5 Support of a sort
6 Crib
7 Pop
8 Stockholm's land
9 Pen point
10 Writer Levin
11 Apiece
17 Cover
19 Sister
22 Wading bird
23 Florida city
25 Barbershop prop
26 Vicinity
27 Den
28 One of the tenses
29 Capri, for one
30 Pinnacle
31 Horse of a different color?
35 Cause of great affliction
38 Seal's cousin
40 Conclusion
42 Collection
45 Requests
47 Showroom sample
48 Deserve
49 Bit of trickery
50 Baltimore newspaper
51 Expert
52 Peculiar
53 Nipped
54 Whatever amount

▶ Yesterday's answer

S	T	A	G		L	A	I	C		C	A	T		
A	W	R	Y		I	N	T	O		O	R	E		
C	O	M	P	A	N	I	O	N		M	I	L		
			S	I	T	S		S	E	P	A	L		
O	C	C	U	R			H	U	L	A				
W	H	O	M		S	K	I	L	L	S	E	T		
N	O	M		F	L	I	N	T		S	P	A		
S	U	P	P	L	A	N	T		H	E	E	D		
		A	S	A	P			C	E	D	E	S		
D	O	R	I	C		A	S	H	Y					
O	B	I		C	O	M	P	A	D	R	E	S		
C	O	N		I	D	E	A		A	C	R	E		
K	E	G		D	E	N	T		Y	A	R	N		

Sudoku

	8	1	3			2		
				5		6		3
5	7				2			4
		5						7
	4						3	
9						1		
1			6				5	8
2		7		9				
		8			7	9	4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	4	7	6	3	2	8	5	1
3	1	5	9	7	8	6	2	4
8	6	2	4	1	5	7	3	9
4	2	8	1	5	6	3	9	7
6	7	3	8	4	9	5	1	2
5	9	1	7	2	3	4	6	8
1	8	9	3	6	7	2	4	5
2	3	4	5	8	1	9	7	6
7	5	6	2	9	4	1	8	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy 25th Birthday Mike! I love you so much baby, thank you for always being my happy place <3 xoxo
LOVE ALWAYS, BECKY

'ZZ, you are my everything!
YOUR KROSHKA.

Derek: most people say we're great together. Well, ain't that the truth! I love you!
DARIN

Sara, I love you more then anything! See you in 9 days beautiful lady! Xoxo
STEPHEN

Sophie L, you are a very special, beautiful, talented girl. I feel so lucky to have you as my daughter. I love you so much.
MOM

Happy 45 months Cathy! I love you <3
PVNN

The Weather Network
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Today	Thursday	Friday
Variable	Variable	Partly sunny
27° / 14°	28° / 19°	28° / 19°

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 A family problem that has been worrying you will disappear as if by magic today. The reason it worked itself out was because you did not interfere.

♉ Taurus April 23-May 21 There are people out there who believe it isn't right that you should speak your mind, that certain words and phrases are unacceptable. That's nonsense. You are free to say what you think any time you like.

♊ Gemini May 22-June 21 Someone has taken advantage of you once too often and now you must cast them into outer darkness — or maybe just cross them off your party list. No matter how much they beg for forgiveness don't give in.

♋ Cancer June 22-July 22 You seem to be hitting all your targets and fulfilling all your ambitions. Good for you, but don't forget that not everyone is having it so easy. What can you do to ease a loved one's pain?.

♌ Leo July 23-Aug.23 You have endured a lot in recent weeks but you have to admit that the experience has in some indefinable way made you stronger.

♍ Virgo Aug. 24- Sept. 22 Success comes in many forms, not all of them related to fame and fortune. Your current level of success can be measured by how many friends rally round when you need a helping hand. Yes, you really are that popular.

♎ Libra Sept. 23-Oct. 23 Make the most of this time. Do something out of the ordinary. Show employers and other important people that you've got what it takes.

♏ Scorpio Oct. 24-Nov. 22 You will find it very easy to get others to see things your way. The only danger is that if your way is the wrong way they won't be too happy about it. Are you going to let that possibility worry you? Of course not.

♐ Sagittarius Nov. 23-Dec. 21 You need to be a bit more ruthless in your business dealings, especially if you like to believe that other people are motivated by kindness and generosity. Sadly, it's not always true.

♑ Capricorn Dec. 22-Jan. 20 It may be easy enough to avoid a challenge today but if you do it will only come back at you tomorrow or the day after. It will also give your rivals the impression that you are afraid to act.

♒ Aquarius Jan. 21-Feb. 18 Don't waste time and energy tackling other people's problems when you've got issues of your own that need to be sorted.

♓ Pisces Feb. 19-March 20 Put the finishing touches to something you have been working on for months, maybe even years. It's GOT to be ready in time for the solar eclipse on the 11th.

SALLY BROMPTON

Caption contest

RICK SCUTERI/THE ASSOCIATED PRESS



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FRANK AUGSTEIN/THE ASSOCIATED PRESS





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